



## Plenty of Sleep

Getting a good night's sleep is one of the most effective ways to reduce workplace fatigue, improving workplace health and safety. You will see below the serious effects of sleep loss and ways of improving your sleep.

### Main Points

#### Effects of Sleep Loss:-

- Impairs attention, concentration and alertness
- Depression/anxiety
- Ages your skin
- Gain weight
- Put you at risk of Heart Failure
- Heart attacks
- Diabetes
- Stroke
- Heart Disease
- High blood pressure

#### Impact workplaces:-

- Lead to consequences such as higher compensation expenses, lost shifts and other costs and risks

- Reduces energy and concentration meaning staff get less done and often at a lower standard
- Can be very dangerous if equipment is involved – driving or operating equipment while sleep deprived is roughly as dangerous as a 0.10% blood alcohol concentration

## Discussion Points

Things you can do to help:-

- Getting up and going to bed at the same time everyday helps build habit that promotes healthy sleeping, try sticking to it on weekends.
- Making sure that you do regular exercise, even 20 minutes a day will help
- Make sure before you plan on going to sleep, have some time out, focus on relaxation and techniques like breathing and meditation can also help.
- Try not to consume caffeine late in the day
- Try not to eat late in the evening
- A hot bath or shower 2 hours or less before going to bed helps improve sleep quality



**Talk to Atlas about Safety Management for your business**

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